

HKUST Sports Day cum Intramural Athletics Meet

Rules and Regulations

The 2025-26 HKUST Sports Day cum Intramural Athletics Meet will be conducted in accordance with the 2025-26 HKUST Intramural Sports Competitions General Rules and the Event Rules listed below.

I. Event Information

Date: 14 February 2026 (Saturday)

The notification of the decision of cancellation will be announced through email to the team representatives by the organizer by 08:00 on the competition day.

Time: 10:00 to 17:00

Venue: Fok Ying Tung Sports Center

Event:

Event	Men	Women
Long jump	*	*
High jump	*	*
Triple jump	*	
100m	*	*
100m hurdles		*
110m hurdles	*	
200m	*	*
400m	*	*
400m hurdles	*	
800m	*	*
1500m	*	*
5000m	*	*
Interdepartmental 4x100m Relay	*	*
Interdepartmental 4x400m Relay	Mixed (2 women and 2 men)	
Mass Games for Sports for ALL	N/A	
Inter-student group 10x200m Mass Relay	Mixed (3 women and 7 men)	

II. Competition Rules

The competition rules 2025-2026 set by the World Athletics or the latest version will be adopted unless specified otherwise.

1. Entries

- 1.1 The Sports Secretary or the designated representative of the departmental team MUST submit the **E-form with society chop** of the completed Team Entry Forms in **excel format** (Appendix A1, A2) to su_sports@connect.ust.hk by email on or before **9am, 9 February 2026**. The finalized list of participants will be confirmed and sent out on **11 February 2026**.
- 1.2 Individual applications MUST submit the Entry Form via the online system on or before **9am, 9 February 2026**. The confirmation of participation will be sent out on **11 February 2026**.
- 1.3 All eligible participants may participate in a maximum of 3 individual events (2 tracks & 1 field).
- 1.4 Each departmental team can enter ONLY 1 team in each relay event.
- 1.5 The 4x100m and 4x400m Relay Team Lists listing a maximum of 8 registered athletics meet participants MUST be submitted before 2:30pm on the event day.
- 1.6 Events with less than 3 entries will be cancelled. Participants who have their events cancelled may apply to join another event.
- 1.7 A straight final will be arranged when the number of entries is less than or equal to 8.
- 1.8 No heats will be arranged for 100mH, 110mH, 400mH, 800m, 1500m and 5000m events.
- 1.9 No walk-in application for individual events will be accepted.
- 1.10 The entries received will be verified and only errors in names and student numbers of participants caused by typos would be amended.
- 1.11 Late submission of entries and request for changes on team entry form will NOT be accepted after the deadline.
- 1.12 Students, alumni, staff and their family members are welcome to participate in the Mass Games for Sports for ALL. The participants must possess HKUST student/ Staff/ Alumni/ Family Cards.

2. Participant Reporting Procedures

- 2.1 All participants of the Track events must report to the Marshaling Area.
- 2.2 All participants of the Field events must report to the Field Event Judge at the competition venue.
- 2.3 Participants must present their HKUST Student ID cards in person when reporting to the marshal/field event judge. Participants who fail to present the above identity will not be permitted to join the competition.
- 2.4 For Mass Game, participants must present their HKUST Student/ Staff/ Alumni/ Family Cards in person when reporting to the marshal. Participants who fail to present the above identity will not be permitted to join the competition.
- 2.5 Participants who fail to report to the judges 2 minutes after the final call will be disqualified from the particular event.
- 2.6 If a participant takes part in two events (one track, one field) which happen to be carried out at the same time, he/she must inform the judge of the FIELD event and ask for permission to take part in the TRACK event first.
- 2.7 Track events participants who failed to participate in the qualified final event(s) are not permitted to take part in relay events.

3. Finalists

3.1 Field Events

- 3.1.1** A straight final will take place when there are less than 8 participants in an event.
- 3.1.2** In straight finals of long jump and triple jump, participants will have a maximum of 6 trials.
- 3.1.3** In all field events except High Jump, only the best 12 participants in the first trial will be qualified to continue their competition in the heats. The 12 best participants in the first trial will be given another two trials in the heats.
- 3.1.4** The eight participants with the best valid performances in the heats will be qualified as finalists.

3.2 Track Events

3.2.1 100m, 200m and 400m Races

- 3.2.1.1** The eight participants with the best valid times in the heats will be qualified for the final. The allocation of lanes will be arranged as follows:

Lane	1	2	3	4	5	6	7	8
Position	8th	7th	3rd	1st	2nd	4th	5th	6th

- 3.2.1.2** In the case of more than one participant tying for the 8th position, the participant who finished in a higher position in the heat will be qualified for the final.
- 3.2.1.3** When more than one participant is still tying for the 8th position after considering all the above factors, the decision will be decided by lot drawing by the Chief Recorder.
- 3.2.1.4** If less than 8 participants report to the Marshal in the heats, straight finals will be held immediately.
- 3.2.2** 100mH, 110mH, 400mH, 800m, 1500m and 5000m events will be straight final events and the final standings of the participants will be determined according to their time achieved.
- 3.2.3** When 16 or less participants report for the 800m event, one straight final will be held.
- 3.2.4** When 24 or less participants report for the 1500m event, one straight final will be held.
- 3.2.5** A combined 5000m event will be held when both male and female athletes will run in the same race. The final standings of the participants will be determined according to their time achieved in the Men's group and Women's group. Participants of the 5000m events should complete the event within the set time limit, i.e. 35 minutes and 40 minutes for male and female participants respectively.
- 3.2.6** There should be a total of 3 females and 7 males participating in the Inter-student group 10x200m Mass relay. For each additional male participant, an additional 5 seconds will be added to their overall time.

4. Scoring

4.1 Participation Point

- 4.1.1** Only participants with valid student ID card will receive participation points in individual events.

4.1.2 One participation point will be awarded to a participant for each successful completion of a heat or straight final individual event. Participants who are unable to finish the event or disqualified, will NOT be awarded any participation point. For each event, a maximum of 7 participation points only will be counted.

4.1.3 No participation point will be awarded in all relay events.

4.2 Position Point

4.2.1 The best eight participants of each individual event will be awarded position points as follows:

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	9	7	6	5	4	3	2	1

4.2.2 In case of more than one participant tying for the same position, the mean of points concerned will be awarded to all participants concerned and the subsequent position(s) will be cancelled.

4.2.3 Position point in inter-departmental relay is listed as follows:

Position	1 st	2 nd	3 rd	4 th	5 th	6 th	7 th	8 th
Points	18	14	12	10	8	6	4	2

1.1 New Record Point

2 points and 4 points will be awarded respectively to those who set new record in an individual event and a relay event.

1.2 Men's and Women's Individual Championship

1.2.1 Participant(s) with the highest score from individual events in the Men's and Women's Group will be the respective Individual Champion.

1.2.2 If more than one participant attained the highest score, the decision to determine the Individual Championship title will be in accordance with the following priorities:

1.2.2.1 the number of gold medals in individual events won;

1.2.2.2 the number of new records set;

1.2.2.3 the number of silver medals in individual events won;

1.2.2.4 the number of bronze medals in individual events won.

1.2.2.5 When more than one participant attained the highest score after considering all the above factors, the Individual Championship will be awarded to all of them.

1.3 Overall Championship

1.3.1 The departmental society/team with the highest total scores in the Men's and Women's Group will be the respective Overall Champion of the Men's and Women's Group.

1.3.2 The total score of individual events (participation scores, position scores and setting new record scores) and the total position score of inter-departmental relay events will be counted towards the total score of the departmental society/team.

Total Score = Total score of individual events + Total position score of Inter- departmental relay events

2. Prizes

2.1 Individual and Relay Events

2.1.1 Medals will be awarded to the three winners of each individual event.

2.1.2 Medals will be awarded to the three winning teams of each relay event

except the Mass Relay and Mass Game.

2.1.3 For events having multiple prize-winners tied to the same position, medals will be presented after the Athletics Meet. The prize-winners concerned have the responsibility to collect their prizes from the Organizing Committee upon notice.

2.1.4 Trophies will be awarded to the Individual Champion of the Men's and Women's groups.

2.2 Inter-Departmental Overall Championship

2.2.1 Trophies will be awarded to the Champion, 1st Runner-up and 2nd Runner-up of the Men's and Women's groups.

2.2.2 Shield will be awarded to the Overall Champion.

2.2.3 The winning departmental societies/teams have the responsibility to keep the intact prizes in good condition and to return them to the organizer upon request (usually 1 month after the competition). They would be required to pay the replacement fee arising from damage or loss or delay in returning the prizes.

2.2.4 Departmental Society/Team which failed to do so will mean the departmental society/team will NOT be awarded the position score of the Athletics Meet Event at the Intramural Overall Championship.

2.3 Redemption of Prize

The prize winners should receive their prizes in person after the announcement of their event results or during the prize presentation ceremony. Redemption of prizes after the Athletics Meet will not be arranged.

3. Equipment

3.1 Competition equipment including starting blocks will be provided. Participants are not allowed to use personal competition equipment.

3.2 Information on the specification of equipment:

Events	Men	Women
100m Hurdles	N/A	0.84m
110m Hurdles	1.067m	N/A
400m Hurdles	0.914m	--

3.3 Only shoes with spikes less than 7 mm will be allowed on the running tracks and jumping area.

3.4 Triple Jump participants can use either the 9m or the 11m take-off board. Once they have chosen the type of take-off board at the very beginning of the event, they cannot change throughout the event.

4. Dress

4.1 Participants must wear sportswear and sports shoes.

4.2 Participants must also wear the number cloth provided by the Organizer and the number cloth must be worn visibly on the chest (except High Jump participants who may wear it on the back).

5. Appeals

5.1 All appeals must be made in writing to the Organizer via the Chief Recorder within 15 minutes after the announcement of results.

5.2 Appeal forms are available at the Official Stand.

5.3 HKD500 must be submitted together with the completed appeal form. The amount will be refunded if the appeal is successful.

5.4 The decision of the Jury of Appeal is final.

6. Others

6.1 Participants for the 100m, 100mH, 110mH, 200m, 400m and 400mH races may choose NOT to use a starting block but have to use a crouch start.

6.2 The starting height for the Men's High Jump is 1.30m and the bar will be raised at 0.05m intervals until 1.70m and at 0.03m intervals thereafter.

6.3 The starting height for Women's High Jump is 1.10m and the bar will be raised at 0.05m intervals until 1.40m and at 0.03m intervals thereafter.

7. *The Organizer reserves the right to make changes as deemed necessary without prior notice.*